

DBHR listening session for behavioral health service providers

October 24, 1:30 to 2:30 p.m.

Behavioral health providers have the power to stop an overdose. [Learn more.](#)

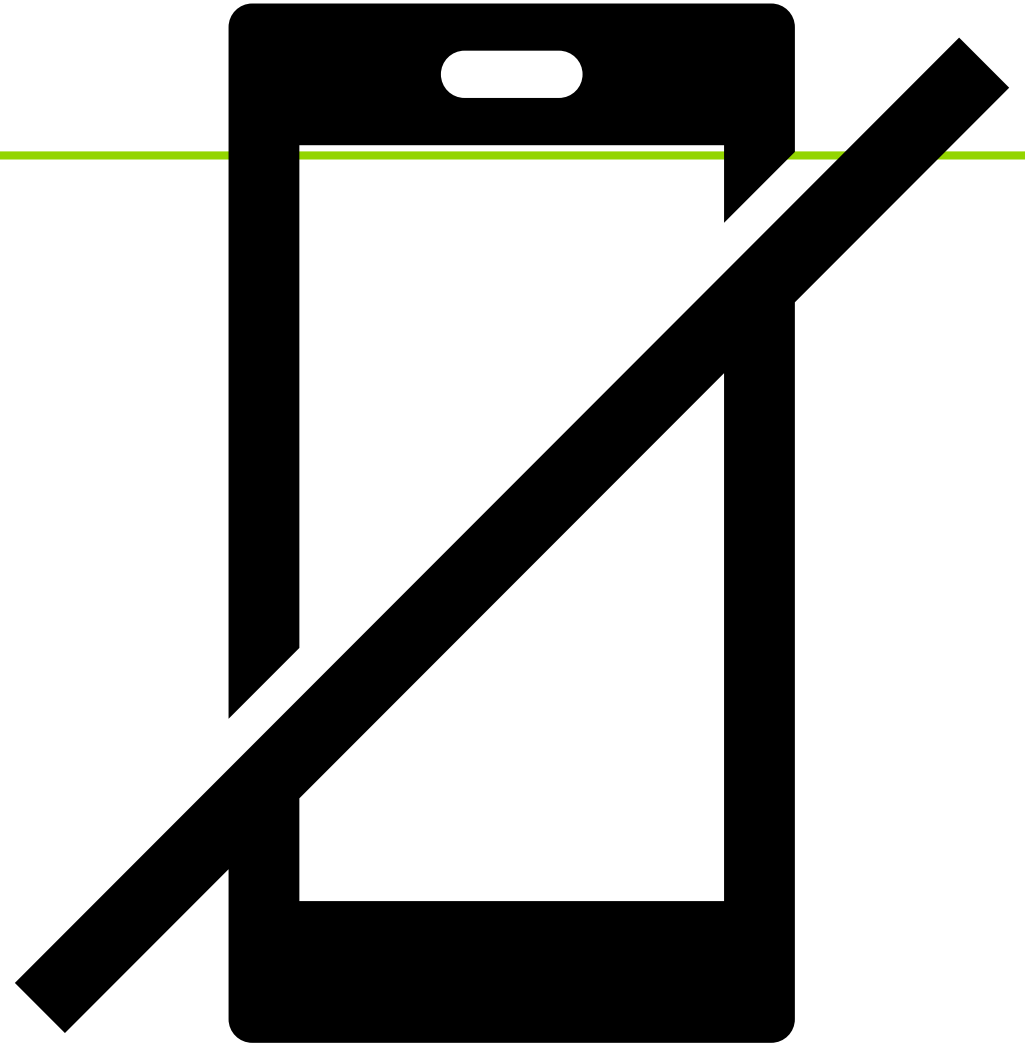
Teams listening session norms

- ▶ Mute yourself if you are not speaking.
- ▶ Raise your hand if you want to speak.
- ▶ This time is for you. Ask questions, give comments, ask for help if you need it.
- ▶ If we cannot answer your question on this call, we will follow up after the webinar.

Disclaimer

- ▶ This meeting is being recorded.
- ▶ The meeting will be shared on [HCA's contractor and provider resource page.](#)
- ▶ This recording is open to public disclosure.
- ▶ Please do not disclose any private or confidential information.

Friendly
reminder there
will be no call in
December



Agenda

| Subject | Who |
|---|--|
| <ul style="list-style-type: none">• Welcome/DBHR section updates | <ul style="list-style-type: none">• Michael Langer |
| <ul style="list-style-type: none">• Oxford House presentation | <ul style="list-style-type: none">• Maureen Bailey and Heather Maxwell-Rychart |
| <ul style="list-style-type: none">• HCA opioid campaigns | <ul style="list-style-type: none">• Melissa Thoemke |
| <ul style="list-style-type: none">• Menti survey | <ul style="list-style-type: none">• Cooper Wright |
| <ul style="list-style-type: none">• Questions/recovery stories | <ul style="list-style-type: none">• All |

DBHR updates: Prevention

- ▶ The annual Prevention Summit will take place:
 - ▶ Tuesday, October 24 and Wednesday, October 25
 - ▶ 500 people are currently attending
 - ▶ The theme is Leading Prevention Together

DBHR updates: Prevention

- ▶ National Drug Take Back Day is Saturday, October 28
- ▶ Local communities will partner with the Drug Enforcement Administration's to host awareness events to educate on Safe Medication Return.
- ▶ Community members can dispose of leftover or expired prescription and over-the-counter drugs freely, safely, and conveniently.
- ▶ Visit [the results page](#) to learn more.

DBHR updates: Prevention

- ▶ The Washington State Prevention Enhancement (SPE) Policy Consortium's Five-Year Strategic Plan has been completed.
- ▶ You can read the final strategic plan on [The Athena Forum](#).

DBHR updates: Adult and involuntary services

- ▶ University of Washington held the final Program of Assertive Community Treatment (PACT) symposium for Peer Counselors, SEE Specialists, and Case Managers from across the state.
- ▶ Medicaid has officially approved coverage of problem gambling assessment & treatment under Apple Health (SUD side).
 - ▶ Implementation planned for 1/1/24 (pending fed govt shutdown or other issues).
 - ▶ Effective 1/1/24: State PG Program treatment reimbursement rates are increasing between 25-56%, depending on the service.

DBHR updates: Prenatal - 25

1. Infant-Early Childhood Mental Health (IECMH)

- Thank you to the 100+ providers who attended the IECMH Provider Listening Sessions this summer! A report on findings is slated for January 2024.
- The community review period for the DC:0-5 Crosswalk closes on November 5.

[Learn more](#)

2. Prenatal - 25 Legislative Implementation webinar

Come explore with the P25 team as they outline how new programs/services are being implemented.

Date: November 14
Time: 3:05 to 4 p.m.

[Register](#)



DBRH updates: Recovery Support Services

▶ Housing First Updates Year One:

- ▶ Ten agencies in eight regions received contracts in January 2023.
- ▶ Total individuals served between January 2023-June 2023 (408)
 - ▶ Living situation upon enrollment:
 - 209 Houseless
 - 146 Unstably Housed
 - 51 Temporarily Sheltered
 - ▶ 108 of the 262 either houseless or temporarily sheltered upon enrollment were housed (41%) in year one.

▶ \$5,000,000 in Short Term Housing Vouchers subsidies have gone out for those experiencing SUD with an immediate need.

DBHR updates: Recovery Support Services

▶ Passageways to Recovery Employment and Education (PREE) Grantee Announcement

- ▶ The PREE program will expand supported employment and supported education services. Priority for BIPOC), and other historically underserved communities.
- ▶ Services will be targeted for people recovering from substance use disorders and/or co-occurring disorders.
- ▶ Five agencies have been selected and are scheduled to receive a contract to begin services in November 2023
 - Consistent Care Support Service, LLC-Pierce County
 - Friends of Youth- suburban, exurban, and rural North and East King County.
 - Native American Re-entry Services (NARS) Statewide
 - Peer Washington-Thurston/Mason/King
 - Yakima Neighborhood Health Services (YNHS)Yakima County

DBHR updates: Health Engagement Hub listening session

- ▶ HCA's Division of Behavioral Health and Recovery and the Department of Health (DOH) will co-host a Health Engagement Hub listening session.
- ▶ HCA and DOH will provide additional background on the Health Engagement Hubs model and plans for identifying an urban and rural site.
- ▶ HCA will release a survey before and after the listening session to help with planning.
 - ▶ Thursday, November 16 12 to 1 p.m.
 - ▶ For more information about Health Engagement Hubs: [2E2SSB 5536, section 26 \(page 37\)](#)

Oxford House

Maureen "Mo" Bailey BSW, CPC

What is Oxford House

Oxford House is a concept in recovery from drug and alcohol addiction. In its simplest form, an Oxford House describes a democratically run, self-supporting and drug free home.



History of Oxford House

- ▶ The first Oxford House was established in 1975 in Silver Spring, Maryland.
- ▶ In the years between 1975 and 1988, eighteen Houses were established by and for recovering individuals.
- ▶ In 1988, Congress enacted the Anti-Drug Abuse Act. This Act included a provision that required all states to establish a revolving loan fund to provide start-up funds.
 - ▶ The mandate was changed to a permissive provision in 1990.



History continued

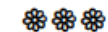
- ▶ Expansion of Oxford Houses began in June 1989.
- ▶ Early in 1988, all the members of the individual Oxford Houses decided to establish a full-time central services office to provide technical assistance.
- ▶ As Oxford Houses open around the country, the first Oxford House in a particular area will follow the tradition set by the original Oxford House of helping other houses get started.

The Nine Traditions

Oxford House is built on the following nine traditions. These traditions guide the operation and expansion of Oxford Houses.

OXFORD HOUSE TRADITIONS

1. Oxford House has as its primary goal the provision of housing for the alcoholic and drug addict who wants to stay clean and sober.
2. All Oxford Houses are run on a democratic basis. Our officers serve continuous periods of no longer than six months.
3. No Member of an Oxford House is ever asked to leave without cause -- drinking, drug use, or disruptive behavior.
4. Oxford House members realize that active participation in AA and/or NA offers assurance of continued sobriety.
5. Each Oxford House should be autonomous except in matters affecting other houses or Oxford House, Inc. - as a whole.
6. Each Oxford House should be financially self-supporting.
7. Oxford House should remain forever non-professional.
8. Propagation of the Oxford House, Inc. concept should always be conceived as public education.
9. Members who leave an Oxford House in good standing should become associate members.



Oxford House basics

Residents of Oxford Houses are required to pay their share of rent and utilities, attend house meetings and maintain sobriety. If they use any drugs or alcohol while living in the house, they will be told to leave.

There are a few different types of Oxford Houses, including homes for single women and those for single men, as well as separate homes for men with children or women with children.

Fostering Responsibility and Growth

- ▶ The Oxford House Structure
 - ▶ The House
 - ▶ President, Treasurer, Secretary, Comptroller, and Coordinator
 - ▶ The Chapter
 - ▶ Chairperson, Vice Chairperson, Treasure, and Secretary
 - ▶ Housing services committee, events committee, Presentation committee, and a fundraising committee
 - ▶ State/Regional Association
 - ▶ Chairperson, Vice Chairperson, Treasure, and Secretary, Alumni Coordinator, Parliamentarian, and a Regional Services Chair.
 - ▶ World Council
 - ▶ Oxford House Inc.



Data

347 homes throughout the Washington State

- 221 Men's homes
- 58 Women's homes
- 43 Women w/children homes
- 25 Men's w/children homes

3047 beds

90% occupancy rate

96.4% abstinence rate



The Governor's Tour Highlights

Questions?

Maureen "Mo" Bailey BSW, CPC
Recovery Support Services Section Manager
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Current HCA public education campaigns

Friends for Life

- Audiences:
 - People who use drugs 18-25 (phase 1, harm reduction)
 - Youth 12-18 (phase 2, primary prevention)
 - Parents/caregivers (phase 2, primary prevention)
- Objective:
 - Fentanyl and overdose awareness campaign
 - Recognizing and responding to an opioid overdose
 - Conversation starters
- Website: wafriendsforlife.com
- [Toolkit](#)



Starts with One

- Audience:
 - Teens and young adults
 - Parents of teens
 - Older adults (65+)
- Objective:
 - Prescription opioid misuse prevention campaign
- Related projects:
 - Pharmacy program
 - Washington State Hospital Association partner
- Website: getthefactsrx.com/
- [Toolkit](#)



For Our Lives

(formerly WA Tribal Opioid Solutions)

- Audience:
 - AI/AN young adults
 - AI/AN adults
- Objective:
 - Opioid awareness, overdose and suicide prevention
 - Responding to an opioid overdose
 - Culturally significant messaging and resources
- Website: fornativelives.org
- [Toolkit](#)



**Native people
ending overdose.**

Other campaigns

- [Focus On](#)
 - Underage drinking prevention campaign for teens
- [Start Talking Now](#)
 - Parents/caregivers resources for talking to teens
- [Not a Moment Wasted](#)
 - Substance use prevention for college-attending young adults
- [Start Your Path](#)
 - Behavioral health workforce recruitment
- [No Shame in Your Brain](#)
 - Reducing stigma around mental health for teens

Questions